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Bring it on Brussels Sprout Wrap!

Makes: 10 Servings

"I have been on a Brussels sprout kick lately so that is the first thing I thought of. And I knew that Brussels sprouts were healthy, so I picked that," says Corbin about his recipe. He recommends combining 2/3 cup of kefir with 1/3 cup pomegranate juice for a delicious drink to accompany the wrap.

Ingredients

2 tablespoons chili powder

1 tablespoon ground cumin

1/2 tablespoon paprika

1/2 teaspoon garlic powder

1/2 teaspoon onion powder

1/2 teaspoon dried oregano

1 teaspoon salt

1 teaspoon freshly ground black pepper

Nutrition Information

Nutrients	Amount
Calories	**289**
Total Fat	13 g
Saturated Fat	3 g
Cholesterol	0 mg
Sodium	455 mg
Total Carbohydrate	35 g
Dietary Fiber	9 g
Total Sugars	1 g
Added Sugars included	0 g
Protein	**7 g**
Vitamin D	0 mcg
Calcium	64 mg
Iron	3 mg
Potassium	513 mg

N/A - data is not available

MyPlate Food Groups

🟩	Vegetables	3/4 cup
🟧	Grains	1 1/2 ounces

2 tablespoons coconut oil

2 1/2 cups Brussels sprouts, trimmed and finely chopped

1 can organic pinto beans, rinsed and drained (15-ounce)

2 small avocados, pitted

2 limes, juiced

2 tablespoons chia seeds

10 whole wheat tortillas

Directions

1. In a medium bowl, stir together the chili powder, cumin, paprika, garlic powder, onion powder, oregano, salt, and pepper.

2. In a large sauté pan over moderate heat, warm the coconut oil. Add the Brussels sprouts and the seasoning mixture and cook until the Brussels sprouts soften and wilt slightly, about 5 minutes. Add the beans, lower the heat to low, and cook, stirring often, until the beans are heated through, about 3 minutes.

3. In a small bowl, use a fork to mash the avocados and lime juice into a creamy paste. Add the chia seeds and stir to combine.

4. Spread a thin layer of the avocado mixture on each tortilla then top with the Brussels sprout–bean mixture. Roll up the tortillas, tucking the sides in as you roll.

Notes

State: South Carolina

Child's Name: Corbin Jackson, 9